



# Corn



**Plant:** Plant once the soil has warmed to approximately 62° F. If the soil is warmed the corn will grow more quickly and there will be less risk of insect and weed problems that are associated with the colder weather. Plant corn in 40 inch rows, with the plants spaced 15 inches apart. Plant sweet corn more thickly, with only 6 to 8 inches between plants and 30 inches between rows.

**Grow:** Mulching right after the corn has been planted will help with the problem of weeds. Weeds become a problem almost immediately after planting.

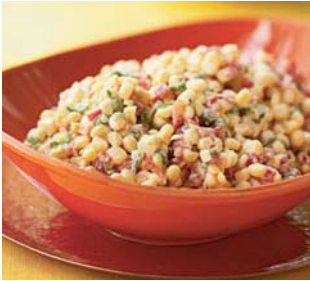
**Harvest:** Corn will mature between 90 and 110 days after planting. One way to tell if corn is ready to harvest is to pull back the husk and press on a kernel with your thumb. If "milk" spurts out the corn is just right. If the liquid is too watery the corn is not yet ready. The silk will also become drier when the corn is ready to be picked.

## Nutritional Information:

Corn is an excellent source of dietary fiber. It also contains folate, phosphorous, manganese, and some of the B vitamins. It also contains beta-cryptoxanthin and lutein, which are the carotenoids that give corn its yellow color. These help protect against lung cancer and macular degeneration.

Nutrition Facts	
Serving Size 1 ear, yields (77.0 g)	
Amount Per Serving	
<b>Calories</b> 83	Calories from Fat 9
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.0g	<b>2%</b>
Saturated Fat 0.2g	1%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrates</b> 19.3g	<b>6%</b>
Dietary Fiber 2.2g	9%
Sugars 2.4g	
<b>Protein</b> 2.6g	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	Iron 2%
* Based on a 2000 calorie diet <a href="http://dailyfitnessmagz.com">dailyfitnessmagz.com</a>	

**How to Prepare:** Corn can be eaten fresh on the cob by boiling or grilling the ear. The kernels themselves have many versatile uses and can be used to make salads creative, and they can be added to black beans and roasted bell peppers and tomatoes to make a homemade salsa. They can also be added to other dips such as guacamole, or to soups.



## Fresh Corn Salad

**Yields:** 8 servings

**Serving size:** 1/2 cup

### **Ingredients**

- 3/4 cup light sour cream
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon seasoned salt
- 3 cups fresh corn kernels (about 5 ears)
- 1 cup finely chopped red bell pepper
- 1 cup finely chopped green onions

### **Preparation**

1. Combine first 3 ingredients in a large bowl, stirring with a whisk.
2. Add corn and remaining ingredients, stirring to combine.
3. Cover and refrigerate at least 2 hours before serving.

### **Nutrition Facts per Serving:**

112 calories, 2.6 g fat, 22 g carbohydrates, 3 g fiber, 4 g protein